

Course Name: Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name - Types of Yoga

Topic No. – Section A (1)

Paper No. - V

Lecture No. - 2

Lecture Title

Type of yoga

References:

1. Ernest wood, Yoga Dictionary, New York Library 1956 p.62.
2. Iyengar B.K.S., Light on Yoga, Allen and Unwin Ltd. London 1968 p.24.
3. Dunn Desmond, The Manual of Yoga, London Woolsham and Col 959 p.1

Links

www.yogapoint.com

www.yogajournal.com

www.realsimple.com